

CANADA'S **FOOD** GUIDE

*These foods are good to eat.
Eat them every day for health.
Have three meals each day.*

MILK

Children
(up to about 11 years) 2½ cups (20 fl. oz.)
Adolescents 4 cups (32 fl. oz.)
Adults 1½ cups (12 fl. oz.)
Expectant
and nursing mothers 4 cups (32 fl. oz.)

FRUIT

Two servings of fruit or juice
including a satisfactory source of vitamin C
(ascorbic acid) such as oranges, tomatoes,
vitaminized apple juice.

VEGETABLES

One serving of potatoes.
Two servings of other vegetables, preferably
yellow or green and often raw.

BREAD AND CEREALS

Bread (with butter or fortified margarine).
One serving of whole grain cereal.

MEAT AND FISH

One serving of meat, fish or poultry.
Eat liver occasionally.
Eggs, cheese, dried beans or peas, may be used
in place of meat.
In addition, eggs and cheese each at least
three times a week.

VITAMIN D

400 International Units for all growing persons
and expectant and nursing mothers.

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GOOD RED BLOOD



*That
"million dollar feeling" ...
good appearance ...
real health ...
are impossible without it!*

**WHAT DOES IT
MEAN? WHY SO
IMPORTANT?**

The blood is a suspension of tiny cells.
A single drop of blood contains millions
of these cells. Most of them are filled with



a red coloring material called haemoglobin, which is a combination of iron and other substances.

The blood circulates through the body carrying food to all parts and removing waste products. The red blood cells carry oxygen which is necessary for the life of all body cells. These are no small tasks and to do them well the blood must be in good condition; this depends very largely on the food eaten.

For good red blood we must eat a variety of foods such as milk, fruits, vegetables, cereals and bread, fish and meat, eggs and cheese, and select within these groups foods especially rich in iron.

The body is constantly making new cells to replace those that are lost or have become old. Although most of the iron is used again, some of it is lost. Thus if there is not enough iron in the food eaten the body cannot make enough haemoglobin and becomes weakened.

Low haemoglobin makes people eventually become pale, tired and thin. Therefore protect yourself and

... SELECT FOODS

THAT CONTAIN IRON

FRUITS

dried apricots and peaches, prunes and raisins

VEGETABLES

beans and peas, dried, canned or fresh; spinach, chard, asparagus, beet greens; dandelion greens, fiddleheads and lamb's quarters (available in some areas)

CEREALS AND BREAD

whole grain cereals, especially oatmeal, enriched and whole wheat bread (these should be given a definite preference to non-enriched refined cereal products as the iron content of whole grains is greatly reduced in the milling process)

MEATS AND FISH

liver, kidney, heart, tongue, lean muscle meats, clams, oysters

EGGS

MOLASSES

*The following menus
follow Canada's Food Guide
and contain foods
high in iron*

(Indicated by*)



GINGERBREAD — No. of servings: 10

Ingredients

Flour, sifted 1 c. Salt $\frac{3}{4}$ tsp.
Cornstarch 1 tbsp. Fat $\frac{1}{4}$ c.
Cinnamon 2 tsp. Water, boiling $\frac{3}{4}$ c.
Ginger 2 tsp. Sugar $\frac{1}{4}$ c.
Baking Soda 1 tsp. Molasses $\frac{1}{2}$ c.
Baking Powder 2 tsp. Eggs, unbeaten 2

Method: (1) Sift dry ingredients together. (2) Cut fat in mixing bowl. (3) Add boiling water and beat until fat is melted. (4) Add sugar, molasses and unbeaten eggs. Beat well. (5) Add sifted dry ingredients to the liquid mixture, and beat until the ingredients are just blended. (6) Pour into a floured greased pan. (7) Bake at 375° F. until the cake springs back after being pressed lightly with the finger, (time 20 to 30 minutes). or steam in sealed pudding dishes, approximately 3 hours or until cooked. The time depends on the size of the pudding. (8) Serve hot.

Note: Serve as a pudding with lemon, vanilla, foamy or hard sauce, whipped cream or ice cream. Serve as a cake with syrup, honey or fruit.

BREAKFAST

Orange
* Oatmeal with milk
* Bran muffins, butter
Milk—Coffee

DINNER

* Liver—broiled or baked in loaf or casserole
Potatoes—* Spinach
Carrots—* Spinach
Whole wheat bread or rolls, butter
Prune whip with custard sauce
Milk—Tea

LUNCH OR SUPPER

* Egg sandwich (whole wheat bread) or
* Cold beef with combination salad
Whole wheat bread, butter
Baked apple
Milk

BREAKFAST

Tomato juice
* Shredded wheat with milk
* Boiled egg, enriched bread, butter
Milk or Cocoa made with milk

DINNER

* Roast Veal or Lamb
Roast brown potato—* Green beans
Coleslaw
* Gingerbread
Milk—Tea

LUNCH OR SUPPER

* Jellied tongue or * baked beans
Whole wheat bread and butter
* Dried apricots, stewed
* Oatmeal cookies
Milk

BOILED AND JELLIED TONGUE
No. of servings: 10 to 12

Ingredients

Tongue, fresh or
* pickled 2 to 3 lbs.
Water, hot, to cover
Bay leaf 1
Cloves 6
Salt 1 tbsp.
Pepper $\frac{1}{4}$ tsp.
Onions, sliced $\frac{1}{2}$ c.
Celery, diced 1 c.
Gelatin 1 tbsp.
Water, cold $\frac{1}{4}$ c.
Vinegar 1 tsp.

* If pickled tongue is used, soak 2 hours in cold water before cooking.

Method: (1) Wash tongue well. (2) Add hot water, seasonings and celery. (3) Cover and simmer until well done, or until fork-tender and the skin comes off easily. (approx. 70 min. per pound). (4) Remove skin, excess fat, glands and bones while hot. (5) Cut in thin slices and serve hot.

Jellied Tongue: (1) Strain $1\frac{1}{2}$ cups of hot cooking liquid. (2) Add vinegar, and stir in gelatin soaked in cold water. (3) Shape tongue into mould and cover with liquid. Use a weight to keep the tongue in place, chill. (4) When set, unmould. Cut in thin slices and serve.

Note: Tongue may be prepared in a pressure cooker by following directions outlined in the cook book which accompanies the cooker.

SALADS

1. Prunes stuffed with peanut butter; cottage cheese with raisins served on salad greens and garnished with grapefruit sections.
2. Celery, apple, walnuts, figs, dates or raisins, chopped and mixed with mayonnaise. Serve with cold beef.
3. Hard cooked eggs with quartered tomatoes and salad greens.

LIVER CASSEROLE — No. of servings: 6

Ingredients

Liver $1\frac{1}{2}$ lbs.
Water, boiling, to cover
Flour $\frac{1}{4}$ c.
Salt 1 tsp.
Pepper $\frac{1}{4}$ tsp.
Butter or fortified margarine, 3 tbsp.
Onions, sliced 6
Tomatoes; canned 2 c.

Method: (1) Scald liver in boiling water for 5 minutes. (2) Remove skin from the meat. (3) Coat liver slices with flour seasoned with salt and pepper. (4) Brown in butter or margarine. (5) Put liver and onions in layers in a baking pan. (6) Cover with canned tomatoes. (7) Bake, covered, at 350° F. for 1 hour.

FRIED LIVER WITH PINEAPPLE — No. of servings: 6

Ingredients

Liver $1\frac{1}{2}$ lbs.
Flour $\frac{1}{4}$ c.
Salt 1 tsp.
Pepper $\frac{1}{4}$ tsp.
Butter or fortified margarine, 3 tbsp.
Pineapple slices 6

Method: (1) Scald liver in boiling water for 5 minutes. (2) Remove skin from the meat. (3) Coat liver slices with flour seasoned with salt and pepper. (4) Cook liver in butter or margarine. (5) Sauté or glaze pineapple slices. Serve on liver.

SANDWICH FILLINGS

1. Liverwurst or liver spread, with chives or celery, moistened with tomato juice, cream or mayonnaise.
2. Eggs with chopped parsley or onion tops and mayonnaise.
3. Peanut butter with molasses and chopped raisins or mashed prunes.

STUFFED HEART — No. of servings: 6

Ingredients

Heart 2 lbs.
Bread crumbs, stale 2 c.
Water, boiling $\frac{1}{2}$ c.
Butter or fortified margarine, melted, 2 tbsp.
Onion, chopped 2 tbsp.
Celery, chopped 2 tbsp.
Salt $\frac{1}{4}$ tsp.
Pepper $\frac{1}{4}$ tsp.
Sage $\frac{1}{4}$ tsp.

Method: (1) Remove blood vessels from the heart and wash. (2) Stuff heart with the ingredients listed, fasten with skewers and lace with string. (3) Rub with salt and pepper, and place in a baking dish with $\frac{1}{2}$ cup boiling water. (4) Bake, covered, at 300° F. until tender (approx. $2\frac{1}{2}$ hours) then uncover to brown (approx. 1 hour).

CREOLE KIDNEY STEW — No. of servings: 6 to 8

Ingredients

Kidneys $1\frac{1}{2}$ to 2 lbs.
Vinegar 2 tbsp.
Flour $\frac{1}{2}$ c.
Salt $\frac{1}{2}$ tsp.
Curry powder $\frac{1}{8}$ tsp.
Bacon, chopped 3 slices
Butter or fortified margarine $1\frac{1}{2}$ tbsp.
Onion, chopped $\frac{1}{2}$ c.
Celery, coarsely chopped $\frac{1}{2}$ c.
Tomatoes, canned, 2 c.

Method: (1) Soak kidneys 30 minutes in cold water. Dry. (2) Slice, sprinkle with vinegar and flour seasoned with salt and curry powder. (3) Sauté the chopped bacon until crisp. (4) Add butter to the fat and brown. (5) Add sliced kidneys, onion and celery to the fat and brown. (6) Cook covered for 10 minutes. (7) Add tomatoes and simmer for approximately 15 minutes or until kidneys are tender. Stir frequently.